



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE JULY-2015



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<p>Happy 4th of July!</p>			1	Orange Juice Roast Pork Loin w/Gravy Cut-Up Sweet Potatoes Whole Green Beans 100% Whole Wheat Bread Sliced Peaches	2	CRT FOURTH OF JULY MEAL Orange-Pineapple Juice Hot Dog Corn Nibbler Hot Dog Roll Sauerkraut Mustard/Relish/Ketchup Mixed Berries (Strawberries/Blueberries) w/Biscuit & Whipped Topping	3	CLOSED IN OBSERVANCE OF FOURTH OF JULY HOLIDAY
6	Salisbury Steak w/Vegetable Gravy Mashed Potatoes Mixed Vegetables Oatnut Bread Fresh Fruit	7	Corn Chowder Buttercrumb Fish Filet Sweet Potato Fries Tartar Sauce Red/Green Cabbage Coleslaw w/Shredded Carrots 100% Whole Wheat Bread Pineapple Tidbits & Mandarins	8	Seasoned Chicken in Alfredo Sauce Parslied Bowties Broccoli Florets Wheat Dinner Roll Fresh Fruit	9	Cheesy Vegetable Lasagna Garden Salad w/Cherry Tomatoes & Cucumbers Italian Dressing Mixed Vegetables Rye Bread Fruit Cocktail	10	Cran-Apple Juice Roast Beef w/Vegetable Gravy Sour Cream & Chive Mashed Potatoes Peas & Diced Carrots 12-Grain Bread Banana Pudding w/Whipped Topping
13	Italian Meatballs w/Italian Sauce Penne w/Italian Sauce Italian Green Beans Club Roll Fresh Fruit	14	Tomato Vegetable Soup Cold Cut Grinder: Turkey/Ham/American Cheese Potato Puffs Leaf Lettuce/Sliced Tomatoes Grinder Roll Saltines Mustard/Mayonnaise Sliced Peaches	15	Roast Pork Hawaiian Style Fluffy White Rice Broccoli Spears 12-Grain Bread Pineapple Tidbits & Mandarins	16	Orange-Pineapple Juice Oven Fried Chicken Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Lemon Pudding w/Whipped Topping	17	Alaskan Pollock w/Seafood Sauce Wild Rice Scandinavian Blend Vegetables Pumpernickel Bread Tropical Fruit
20	Grape Juice Cheesy Meat Lasagna w/Meat Sauce Summer Salad Raspberry Vinaigrette Dressing Italian Bread Sliced Apples	21	Stuffed Salmon Boat w/Newburg Sauce Rice Medley Beets 100% Whole Wheat Bread Fresh Fruit	22	Peach BBQ Chicken Leg Potato Salad Corn Cobbette Homemade Biscuit Fruit Cocktail	23	Roast Beef w/Gravy Mashed Sweet Potatoes Broccoli Normandy Wheat Dinner Roll Sliced Pears	24	Orange Juice Frankfurter on Frankfurter Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Homemade Cookie
27	Roast Chicken Quarter w/Broth Rice Pilaf Whole Baby Carrots Oatnut Bread Mixed Fruit	28	Macaroni & Cheese Stewed Tomatoes & Zucchini Garden Salad Greens w/Cucumbers/Tomatoes Ranch Dressing Rye Bread Fresh Fruit	29	Vegetable Soup Mini Cheese Burger on Bun Potato Wedges Saltines Three Bean Salad Ketchup/Mustard/Relish Vanilla Pudding w/Whipped Topping	30	Roast Turkey w/Gravy Cornbread Stuffing Mixed Vegetables Cranberry Sauce Dinner Roll Tropical Fruit	31	Breaded Veal Patty Parmesan Parslied Noodles Brussel Sprouts Italian Bread Fresh Fruit

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of **age or older and their spouses.**

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**